

U8 COMPETITIVE TEAMS COST & COMMITMENT SUMMARY



U8 Competitive Teams with Volunteer Head Coach (24-7 UK Soccer Academy Trainer)

Our competitive program overview should answer most of your questions regarding the competitive program, but here are some more details regarding the U8 competitive teams that we are looking to form.

Head coach: Volunteer Parent Coach TBD after try-out completion

Trainer: 24-7 trainer TBD

Team formation

At competitive try-outs in January we will look to select 21 players to form 3 competitive teams with 7 players on each team

Time commitments:

Spring

We understand that players play other sports during spring. There will be soccer training during this time with no games and we encourage players to attend as many sessions as they can

Format – Teams will train twice a week. All teams will train together as a pool of 21 players. Sessions will be lead by the 24-7 trainer with the volunteer coaches assisting

Dates – Training will start the week of 16th March and will go twice a week until the week of 25th May

Venue - Training sessions will most likely be at Five Canyons Park in Castro Valley, Canyon Middle School in Castro Valley or Stonebrae Elementary School in Hayward

Games – There will be no official games during spring but we will arrange 2-3 play dates with Montclair Soccer Club that will take place at either Stonebrae or Merritt College

Fall

Players will have June off. Fall training will start in July and the season will end the 2nd week of November

Format – Teams will train twice a week. All teams will train together as a pool of 21 players. Sessions will be lead by the 24-7 trainer with the volunteer coaches assisting

Dates – Training will start the week of 6th July and will go twice a week until the week of 2nd November

Camps – Included in the cost will be 2 x week long team camps which will be 5 days x 2 hours

Venue - Training sessions will most likely be at Five Canyons Park in Castro Valley, Canyon Middle School in Castro Valley or Stonebrae Elementary School in Hayward

Games – Games will take the format of play dates with other clubs. Each club will host a play date during September, October and November and these will take place on Saturday's. This year play dates took place at Livermore, Pleasanton, San Ramon, Alameda, Diablo and Dublin. There were 7 Saturday's of games. Game format will be 5v5 and a play date will consist of 4 x 12 minute games. All of these play dates are run through NorCal who runs all of the leagues that our competitive teams play in

Costs:

League registration cost of around \$360 (cost TBC) (Payable at start of season)
Uniform cost of around \$150 (If new to the competitive program) (Payable at start of season)
Training cost of \$450, which is divided over 6 monthly payments (1st payment in April)
Rough cost for the season is around \$960
All of these costs can be offset by sponsorships and fundraising.

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What will players be learning in our U8 competitive program?

From 6-8 years old we class players as being in our introductory phase. The introductory stage of development focuses primarily mastery of the ball and dominating the 1v1. The main emphasis should be when "we" have the ball (offense). There will be little emphasis on coaching when "they" have the ball (defense) with the main goal being to get the ball back. The main objective within the curriculum is to develop a passion for the games of soccer and individual soccer personalities.

Expectations of Coaches in the U6-U8 Age Group

Emphasize having fun, but playing while developing players who have respect toward the sport, teammates, coaches and opponents. Players will be encouraged to have "confidence" with the ball and to make things happen with skill - "not be afraid to make mistakes".

Sessions almost 90% focused on individual technique. The 10% of Strategy and tactics will be based on the individual and very basic in both "we" have the ball (offense) and "they" have the ball (defense).

Teach psychomotor skills and general coordination both with and without the ball and teach all necessary movements needed for technical skill development.

Coaching Session

A typical practice session should include the following:

300 touches – 10 minutes

Physical development (i.e. balance, coordination, speed) – 10 minutes

Relationship work (unopposed with other players i.e. passing moving and receiving) – 20 minutes

Opposed practices – 20 minutes

Small Sided Games – 25 minutes

Reflect - 5 minutes

Coaching Curriculum

The below table shows what is expected from the U8 age group

